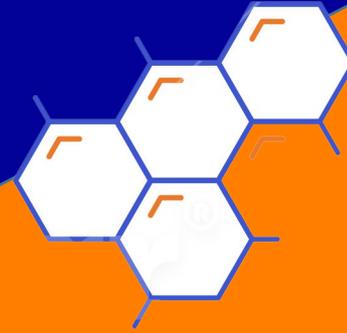


COACH JOHANN CSCS

Changing Metabolism

12.1.20



Binge | Snacking - pre/post workout

Our bodies are endowed to thrive and to live on. It doesn't matter which side of the BMI scale we are on – extreme obesity or anorexia – our bodies fight toward longevity. How remarkable! When we configure our eating, our bodies adjust, awarding us a convivial longevity that sees us healthy and strong for decades.

Binging

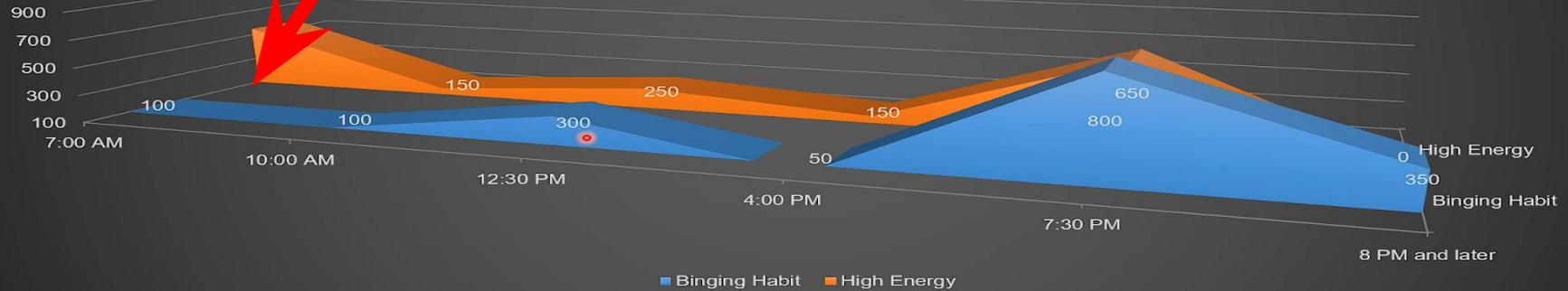
Binging is both a dietary disorder and a common malpractice among dieters. And, I do mean common.

Of my trainees, half of you, at minimum binge their latter-day meals!

Binging is both serious at most - requiring deep introspection - and is a bad habit, fixable with a little help from your **team - your coach, loved ones and friends** - and YOUR own awareness!

Binging - be aware!

A Typical Day. Multiple meals binging vs. sustained energy eating (1700 Cal.)



beating a binge

We can change by eating more breakfast, a “higher” volume dinner, and a smart amount of food in between with lunch approaching, enjoy a pre-workout meal.

Binging happens because we haven't eaten anything throughout the day - we're busy, we're lazy, we're hungover, we're out of ideas... we're human.

And you'll notice: you're **not hungry** as a result! - typically your energy will **suffer** and your food habits will dip hard toward the end of the day - check out the chart.

Snacking

Pre-workout meals and post-workout meals, are snacks.

Snacks **increase your metabolism** as you take in more purposeful calories help you work out harder and longer.

The quality of workout will also be improved and thereby allowing you to build more muscle by doing more work.

By fueling a higher intensity workout, for example, or providing more glycogen to the working muscles to facilitate high intensity activities, and high intensity workouts, weight loss is promoted through snacking.

This adds structure - this is the binge-killer!

why we snack

*“I see a lot of equal skepticism and adherence to something like this, though I find that both weight loss and weight management is promoted through **snacking** because it facilitates structure and kills binging through awareness.”*

Fuel your workouts with about 150 calories before (150-180 lbs) or 200 calories (non-weight loss above 200 lbs.)

Afterward, change your metabolism with higher protein (if weightlifting), or higher complex carbs (after cardio day)

snacking



[👉 *Intermittent fasting Breakdown*](#)

[👉 *Carb cycle \(advanced\)*](#)

[👉 *Courses & diet tutorials!*](#)

snacking

